

## What are infectious diseases?

Infectious diseases are caused by very small germs such as viruses, bacteria, or parasites. These diseases are often passed from one person to another (by sneezing, coughing, sex, etc.), passed through food or water, or passed by insects.

## How can you protect yourself?

**Wash hands often**, especially after you use the bathroom and before you eat or prepare food.

**When you cook**, keep uncooked meat away from other foods, especially vegetables.

### When traveling:

- Learn about diseases in the area you are visiting and how to prevent them.
- Begin your travel vaccines (shots) early.
- Be prepared for medical emergencies.
- Drink boiled or bottled water.
- Use bug spray.
- Wear protective clothing, such as long pants and shirts with long sleeves.

### Get vaccinated:

Vaccines (shots) are available to protect you from many serious infectious diseases. Call the Long Beach Health Department Travel Clinic at (562) 570-4222 for more information.

## If you think you have an infectious disease...

**See your doctor or go to a clinic right away for help.**

## If you'd like more information...

- **City of Long Beach Department of Health & Human Services (Health Department):**  
General Information: (562)570-4000  
Travel Clinic: (562)570-4222  
Walk-in Clinic: (562)570-4222  
Immunization Program: (562)570-4212
- **Traveler's Health Hotline:**  
1(877) FYI-TRIP
- **National STD & AIDS Hotline:**  
1(800)342-2437 or  
1(800)344-7432 (en español)
- **National Immunization Hotline:**  
1 (800) 232-2522 or  
1 (800) 232-0233 (en español)

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What you

should know

about

infectious

diseases

before

# TRAVELING

# THE ONES TO KNOW ABOUT...

	What is it?	How do you get it?	Signs & Symptoms	What else you should know
<b>HIV/AIDS</b>	HIV is a virus that attacks the immune system. HIV may lead to AIDS. Currently, there is no cure for HIV or AIDS. AIDS kills 3 million people in the world each year.	HIV is passed by exchanging body fluids (blood, semen, vaginal fluids) during sex (anal, oral, or vaginal) or while sharing needles with another person. HIV can also be passed from mother to baby.	The only way to know if you have HIV or AIDS is to take a test. Some people with HIV are tired all the time, lose weight, or have a fever. Some people with HIV have <u>no</u> symptoms.	Condoms help protect against HIV during sex. Do not share needles to inject drugs or other substances with another person. HIV testing and counseling is available at many places.
<b>TB (Tuberculosis)</b>	TB is caused by a bacteria that gets into the lungs. This disease kills 2 million people in the world each year.	When someone with TB coughs or sneezes, the bacteria can be spread to other people.	People infected with TB may develop a cough that doesn't go away, fever, weight loss, feeling weak, or night sweats.	You can get a TB skin test or chest x-ray at your doctor or at a clinic.
<b>Malaria</b>	Malaria is a disease caused by a parasite. Malaria is not common in the U.S., but you can get it if you travel, especially to warm, tropical areas such as South America, Africa, or Asia.	Malaria is passed to people when they are bitten by infected mosquitoes.	Malaria causes fever, sweating, chills, body aches, and headache. Some cases of malaria need to be cared for in a hospital.	Malaria can be prevented by taking pills before traveling, using bug spray, and wearing protective clothing such as long sleeved shirts and long pants.
<b>Diarrheal Diseases</b>	Diarrheal diseases are those that cause loose, watery feces, stomach cramps, and similar stomach problems.	There are many causes for diarrhea, such as viruses, bacteria, parasites, medicines and travel. Many times, people get diarrhea from food they eat.	Loose, watery feces, stomach pain, and cramps. A person who has diarrhea for more than a week should see a doctor or go to a clinic right away.	Diarrhea can cause serious problems for babies and people over age 65. Take steps to protect yourself while traveling such as only drinking boiled or bottled water.
<b>Influenza</b>	Influenza (the flu) is caused by a virus. The flu can lead to serious problems in some people, especially young children and people over age 65. Healthy people can get over the flu easily by resting and drinking lots of fluids for a few days.	If a person has the flu, it is very easy for him/her to pass it to another person through coughing, sneezing, or touching. Washing your hands often can help protect you from getting the flu.	Chills, high fever, weakness, a dry cough, body aches, and headache.	A flu shot is available each fall to protect people against the flu. See your doctor about medicines that can help you get over the flu more quickly.

This brochure was developed by the Long Beach Chapter of the United Nations Association 2001-2002 Global Health Initiative for the purpose of addressing the serious problems of infectious diseases on both international and local levels. Participating agencies include the City of Long Beach Department of Health & Human Services, California State University Long Beach, Long Beach City College, Long Beach Unified School District, Long Beach Memorial Medical Center, St. Mary Medical Center, and Long Beach Sister Cities Program.